

Saturday, February 26, 2011

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Tip: Additional information is displayed when you place your mouse over the number in each cell.

■ Very Healthy
 ■ Healthy
 ■ Unhealthy
 ■ Very Unhealthy

Breakfast														
Food Description	Calories	Fat	Sat Fat	Trans. Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Clif ~ Clif Bar ~ Chocolate Chip 1 bar	240	5.0	1.5	0	0	140	44.0	5.0	22.0	10.0	1500	60.0	250	4.5
Vegan Fruit Smoothie 2xDole/flax/ban/xSP 1/2 recipe	221	7.0	1	0	0	0	43.0	6.0	24.0	2.0	350	46.5	30	1.5
Totals Percentage of Calories [†]	461	12.0 21%	2.5 4%	0 0%	0	140	87.0 69%	11.0 9%	46.0 37%	12.0 10%	1850	106.5	280	6.0
Snack #1														
Food Description	Calories	Fat	Sat Fat	Trans. Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
PowerBar ~ PowerBar ~ Performance ~ Chocolate 1 bar	230	2.0	0.5	0	0	95	45.0	3.0	18.0	10.0	0	60.0	300	6.3
PowerBar ~ PowerBar Gel ~ Strawberry Banana 1 package	110	0.0	0	0	0	200	27.0	0.0	10.0	0.0	0	9.0	0	0.0
Gatorade ~ Gatorade ~ Original 16 fl oz	100	0.0	0	0	0	220	28.0	0.0	28.0	0.0	0	0.0	0	0.0
Totals Percentage of Calories [†]	440	2.0 4%	0.5 1%	0 0%	0	515	100.0 87%	3.0 3%	56.0 49%	10.0 9%	0	69.0	300	6.3
Lunch														
Food Description	Calories	Fat	Sat Fat	Trans. Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Vegan Fruit Smoothie 2xDole/flax/ban/xSP 1/2 recipe	221	7.0	1	0	0	0	43.0	6.0	24.0	2.0	350	46.5	30	1.5
Food for Life ~ Ezekiel 4:9 ~ Bread ~ Sprouted Grain ~ Cinnamon Raisin Organic	160	0.0	0	0	0	130	36.0	4.0	10.0	6.0	0	0.0	0	1.4

2 slices														
Beans ~ White Mature Seeds ~ Canned 1/2 cup	153	0.4	0.1	0	0	7	28.7	6.3	–	9.5	0	0.0	96	3.9
Totals Percentage of Calories [†]	534	7.4	1.1	0	0	137	107.7	16.3	34.0	17.5	350	46.5	126	6.8
		12%	2%	0%			76%	11%	H	12%				

Snack #2

Food Description	Calories	Fat	Sat Fat	Trans. Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Kirkland ~ Trail Mix ~ Fruit & Nut Medley 1/4 cup	140	6.0	1.5	0	0	50	17.0	1.0	12.0	3.0	200	0.0	20	0.4
Lightlife ~ Seitan ~ Organic Teriyaki 3 oz	110	0.0	0	0	0	380	6.0	1.0	4.0	19.0	–	–	–	–
Food for Life ~ Ezekiel 4:9 ~ Bread ~ Sprouted Grain ~ Cinnamon Raisin Organic 2 slices	160	0.0	0	0	0	130	36.0	4.0	10.0	6.0	0	0.0	0	1.4
Totals Percentage of Calories [†]	410	6.0	1.5	0	0	560	59.0	6.0	26.0	28.0	200	0.0	20	1.8
		13%	3%	0%			59%	6%	26%	28%	H	H	H	H

Dinner

Food Description	Calories	Fat	Sat Fat	Trans. Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Bread ~ Italian 2 slices	162	2.1	0.5	–	0	350	30.0	1.6	0.5	5.3	0	0.0	47	1.8
Oil ~ Olive 1/2 tbsp	60	6.8	0.9	–	0	0	0.0	0.0	0.0	0.0	0	0.0	0	0.0
Beans ~ White Mature Seeds ~ Canned 1/4 cup	76	0.2	0	0	0	3	14.4	3.1	–	4.8	0	0.0	48	2.0
Trader Joe's ~ Ravioli ~ Portobella Mushroom 1 cup	200	5.0	2.5	0	35	230	29.0	3.0	1.0	9.0	300	0.0	150	1.8
Barilla ~ Pasta ~ Linguine 2 oz	200	1.0	0	0	0	0	42.0	2.0	1.0	7.0	0	0.0	0	1.8
Newman's Own ~ Sauce ~ Marinara 1/2 cup	70	2.0	0	0	0	510	14.0	3.0	11.0	2.0	1500	0.0	40	1.8
Vodka 80 Proof 2 fl oz	128	0.0	0	0	0	0	0.0	0.0	–	0.0	0	0.0	0	0.0

Wine ~ Table ~ White 10 fl oz	200	0.0	0	0	0	15	2.5	0.0	0.0	0.2	0	0.0	25	0.9
Olives ~ Green 3 large olives	14	1.5	0	0	0	278	0.2	0.1	—	0.2	—	—	—	—
Totals	1,110	18.6	3.9	0	35	1386	132.1	12.8	13.5	28.5	1800	0.0	310	10.1
Percentage of Calories†		15%	3%	‡			47%	5%	‡	10%	‡	‡	‡	‡
Daily Totals														
	Calories	Fat	Sat Fat	Trans. Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Totals	2,955		9.5	0	35	2738		49.1	175.5		4200	222.0	1036	31.0
Percentage of Calories†		46.0 14%	2.8%	‡			485.8 64%	6%	‡	96.0 13%	‡	‡	‡	‡
† Typical Percentages: Fat 20-35%, Carbohydrates 45-65%, Protein 10-35%, and Saturated Fats less than 9%														
‡‡ Incomplete data														